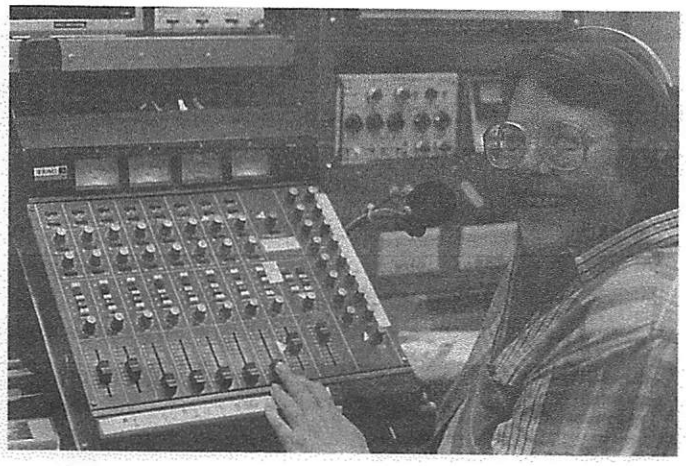
THE MONROE INSTITUTE BULLETIN

Summer 1989 VOLUME X, NO. 3

ON BEING A MONITOR

by Teena Anderson, TMI Monitor



[Editor's note: Teena has been an Explorer at TMI since 1986. Explorers are the subjects in laboratory experiments that use Hemi-Sync to assist the Explorer in achieving altered states of consciousness. These sessions often provide valuable information in developing Institute programs. Each session is recorded and several of them are part of the Explorer Tape Series. *Teena also has assisted the monitoring of Explorer sessions since 1987, and is now a certified monitor for the* EXPLORER *and* PERSONAL RESOURCE EXPLORATION PROGRAMS.]

The term "monitor" always reminds me of grade school. Teachers rewarded good students by assigning to them the task of milk monitor. The milk monitor took the following week's orders for milk on Friday, collected the money (2 cents per carton), and at lunchtime deposited the appropriate number of cartons on each student's desk. It was a coveted position—a lot of responsibility and a great privilege. I loved being appointed milk monitor on the few occasions that I qualified as being "good." I enjoyed delivering that precious refreshment. There was a lot of satisfaction in providing this service to my classmates, not to mention the satisfaction of learning about money and how numbers work.

Now, many years later, I am a monitor in the lab at TMI. There are many similarities with being a milk monitor. I had to be proficient in a number of areas to be qualified. It's a coveted position, a lot of responsibility, and a great privilege. I enjoy every moment, never knowing what will happen next. I derive satisfaction in providing this service to fellow voyagers, not to mention the satisfaction of learning about how "beingness" works. I also sense that in the greater scheme of things, I am in grade school.

To qualify as a monitor at TMI, I had to train and be proficient in three areas. The first area includes experience as an Explorer in the laboratory isolation booth. I learned that the environment of expanded consciousness has different rules. For instance, in waking consciousness I do things. However, doing is inappropriate in consciousness exploring. What works for this is allowing and expressing willingness. Also, in the daily routine of life I know my environment by using my five senses which, again, doesn't work well when my focus is not with the physical body. I learned that I have an automatic conceptualization tool that tries to make sense of perception by invoking the past—whatever I've seen, heard, touched, tasted, or smelled. I learned how to turn off that conceptualization tool in order to learn about new ways to perceive. One of those new ways to perceive is to resonate or vibrate at the same rate as what is being presented. This allows communication to take place.

The second area of proficiency of a monitor is to be able to join with another person who has come to the lab to explore his or her total self. This requires an understanding of one's experience with the Focus levels as well as of the intent, expectations, and questions the person brings to the session. This information and knowledge is used to help guide the person toward those areas of interest. The monitor is the touchstone back to time and space, and at the same time, must be able to "be there" with the person.

Finally, there is the technical aspect. The monitor uses a mixer board to "paint the palette" of frequencies that the person in the isolation booth hears through the earphones. So, there must be an understanding of the frequencies used along with an understanding of all those knobs and levers on the board. Another technical aspect is the computer that presents second-by-second data on skin potential voltage, galvanic skin resistance, and skin temperature. Watching those three lines dance across the computer screen provides the monitor with information about the person's electrical activity. Recognizing the patterns of the electrical wave activity provides helpful information for the monitor to assist the voyager.

The differences between being a milk monitor and being a lab monitor are due to the complexities of developmental skills. Both states of being involve exploration within the process of learning and growing. This requires openness, adaptability, and vulnerability. To me, any doubt, struggle, or judgment of any portion of the process is the denial of being. And after all, I am a human being, not a human doing.

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THE *GATEWAY EXPERIENCE* FORUM

by Ken Feather

As Gateway Experience Coordinator, over the past several months I have had the unique opportunity to talk with people the world over regarding their experiences while using *Gateway Experience* tapes. The Institute also maintains files of letters and feedback surveys regarding the *Gateway Experience* (as well as for other tapes and programs).

Through talking with people, and reviewing these files, it is evident that similar concerns, problems, or questions repeatedly arise. Just as when one person in a class asks a question that is on other people's minds, so does one person call or write about a question that may well be on other people's minds.

This article, then, is to begin a forum to stimulate participation, enhance personal growth, and develop an extended resource for all *Gateway Experience* participants.

I'd like to open discussion by talking a little about a common, frequently reported occurrence experienced by many people while listening to *Gateway Experience* tapes—the phenomenon of "clicking-out."

If this happens to you, you will have a sense of dropping out of the exercise. Upon returning to or finishing the exercise, you will have no perception of time having passed. You will have stored the memory of your experience, but will have no immediate recall. Clicking-out has a different quality than that of sleeping. When returning to the exercise, for example, there is a sense of quickly coming back to consciousness rather than progressing gradually from sleep to consciousness.

If you experience this rather interesting (and, at times, frustrating) phenomenon, or if you fall asleep, rest assured that you are not wasting your time. Somewhere within you, you are learning and developing during the clicking-out. At the same time, most of us would rather not click-out. So if you're having trouble staying conscious during the taped exercises, try the following:

- Make sure you are rested before doing an exercise.
- Splash cold water on your face, neck, and wrists *before* the exercise.
- Stretch lightly.
- Sit up in a comfortable chair with a pillow supporting your head.
- Put the idea of falling asleep or clicking-out in your Energy Conversion Box.
- Keep practicing with the tapes.

If you have tried all of this, and you are still clicking-out, experiment with drawing or doodling—*while you are listening to a tape*. Reactions to this technique have been favorable. Some people find that it works well, enabling them to complete the exercise and do some free-style drawing at the same time. One person found that her arm became numb as she entered Focus 10, so she could not continue drawing past the preparatory exercises; however, drawing did enable her to at least get into the exercise—past the surf sounds where she had always clicked-out.

If you have a solution to clicking-out, drop a line or give the Institute a call. In fact, if you have a topic you'd like to discuss, or see discussed in the BULLETIN, please let the Institute know. Let's use this "Forum" column to our ultimate advantage and venture forth where no *Gateway Experience* participant has ventured before!

As Bob Monroe says, "See you in 12!"

GATEWAY AND BEYOND

A special thanks is extended to everyone who has responded to Bayard Stockton's request for accounts of personal experiences resulting from the *GATEWAY* programs.

Stockton, author of the recently released *Catapult* (a biography of Robert Monroe), is writing another book. With a working title of *Gateway and Beyond*, the book will provide a memorable collection of experiences resulting from individuals' participation in Institute programs, including the *GATEWAY VOYAGE* and *GUIDELINES* in-residence programs as well as the *GATEWAY EXPERIENCE* home-study program.

Stockton is specifically looking for the variety of forms the life-changing nature of the *GATEWAY* often stimulates. As he wrote in his request-for-information letter sent to program graduates, "We know it has altered the lives of many people. We don't know what forms these changes have taken, and that, again, is where we need your help."

If you have found benefit from *GATEWAY* programs, and would like to add to this growing body of knowledge, please send an account of your experience(s) to Bayard Stockton, c/o The Monroe Institute.

Again, thanks to all who have already sent in their recollections. Your time and effort are greatly appreciated.

GATEWAY EXPERIENCE REDESIGNED

You probably have noticed the new Institute look. Professional, full-color brochures, new packaging for tapes, even new road signs at the Institute itself. This look has also found its way to the *Gateway Experience (GE)* in-home training system.

A primary accomplishment in the *GE* redesign was the complete rewriting of the *GE* publications. Four staff members called upon a variety of skills and experience to create a more refined, in-depth, instructional guidebook. A key feature of the new ***Gateway Experience Guidance Manual*** is the incorporation of all *GE* Waves of Change instructions into one convenient and comprehensive reference book.

To accomplish this, the original *Discovery* booklet and the instructions that accompanied *Threshold, Freedom, Adventure, Exploring,* and *Prospecting* were dismantled. While winnowing this material, outdated and vague information was thrown out. Then the instructions were rebuilt. Because of this, the new ***Guidance Manual*** has clearer and more complete instructions. For instance, *Discovery #4: Release and Recharge* now gives you a step-by-step method to maximize your use of your Energy Conversion Box. In addition, *Threshold #4: One-Month Patterning* now offers you detailed steps to use any *GE* patterning exercise effectively.

During the development of the new ***Guidance Manual***, feedback from *GE* participants all over the world was carefully scrutinized. Using this wealth of data collected over the years, steps were taken to address specific issues, to make the instructions more readable, and to offer the ***Manual*** as a definitive reference on consciousness exploration.

Even though these changes have taken place, don't worry; the program content of the taped exercises remains identical to the exercises you may already have.

Using the new ***Manual*** is a great way to revitalize your *GE* studies. Furthermore, if you are considering purchasing any or all of the *Gateway Experience*, you may want to buy the ***Gateway Experience Guidance Manual*** to preview the course. The prices for the ***Guidance Manual*** are: $9.95 for Non-Members; $7.95 for Members; and $5.95 for previous *GE* participants. New *GE* participants will receive the ***Manual*** upon ordering *Discovery* (Wave I) or the entire *Gateway Experience*.

If you have already purchased one or more Waves of Change albums and would like to receive the new album cases, you may purchase individual cases (not including tapes) for the special price of $4.95 each.

These changes reflect the continued evolution of the *Gateway Experience*, which is one of the most comprehensive in-home programs of consciousness exploration available today. Both the ***Gateway Experience Guidance Manual*** and the new album cases are now available.

FOCUS ON THE BULLETIN

We are pleased to announce that William Parrette of Westchester, Ohio, submitted the winning entry for the new BULLETIN masthead. Future issues of this Member publication will be called TMI FOCUS. William will receive a copy of Bob Monroe's new biography, *Catapult*—autographed by Bob.

The BULLETIN extends its warmest thanks to everyone who submitted an entry. Your support is greatly appreciated.

GO KUDOS

TMI is pleased to announce that Bill McBurney has once again been chosen as *GO* Trainer of the quarter. We congratulate Bill on his outstanding accomplishment of training 50 people in less than one year of his becoming an Accredited *GO* Trainer. Way to *GO*!

Bill was presented as *GO* Trainer of the Quarter in the fall 1988 BULLETIN for having trained 20 people in six months of being accredited. Through his dedication and desire to share the Hemi-Sync experience and technology with others, he trained another 30 people over the next five months.

Bill resides in Ottawa, Ontario, and is a Curator/Designer for the Canadian Museum of Civilization, where his chief responsibility is in exhibition design and production of historical, social, and cultural interpretation. He has also done historical restoration and interpretation on a national scale with the Canadian system of National Historic Parks and Sites; graphic art design and production; lectures and teaching seminars; owner-operator of a food and beverage business; interior design, lighting and color consultation services. He has been acknowledged for the quality of his work as recipient of the Outstanding Achievement Award from the American Institute of Business Designers, Chicago, for the adaptive reuse of a riverboat as a museum experience.

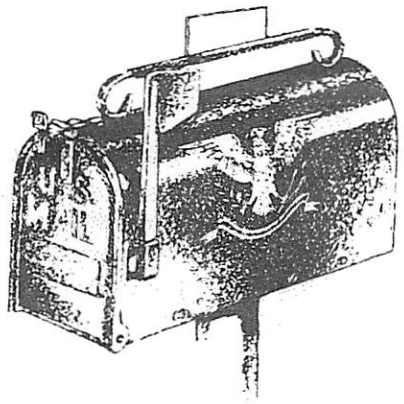
Being committed to helping humanity grow has been the driving force behind Bill's success. One of his main objectives in life is to feel that he has made a contribution as a child of the universe. We are happy to see him realize these goals through his role as a *GO* Trainer. We genuinely appreciate his efforts and are proud to have him as a part of the family. Thank you, Bill, for being an inspiration to us all.

FEEDBACK

Featured in this issue of the BULLETIN, is the *Emergency Series*. The *Emergency Series* consists of six audio cassette tapes designed to assist the individual through a period of physical crisis such as surgery, major injury, and/or illness. These exercises reinforce the mind's ability to direct inner autonomic body functions, including the control of pain and the healing process. They also help the patient relax, become positive and confident. It is not necessary that the person using them has had previous training in the Institute's Hemi-Sync methods.

The following letters offer first-hand accounts of using this Hemi-Sync series as part of surgery and recuperative processes.

If you have a Hemi-Sync experience you'd like to share with others, please write it down and send it to The Monroe Institute, Route 1, Box 175, Faber, VA 22938.



• From Laguna Niguel, Calif., Nancy Whitley tells of her experiences with the *Emergency Series*. "On December 12, 1988," she writes, "I entered the hospital for the first surgery and at that time I had been listening to the *Pre-Op* tape for about ten days. I had learned to relax fully and found the countup easy to follow. I asked the surgeon if I could use the *Intra-Op* tape and he said that I couldn't have headphones because I would be lying on my side for several hours and he was concerned about damage to my ear. Therefore, I located a small, under-pillow microphone and had them tape this to my right ear. Since no one was familiar with using tapes in surgery, and because they are sure that you cannot be influenced when under heavy medication, it was extremely difficult to get anyone to take me seriously. After surgery, I had requested the *Recovery* tape be played. The nurse in the recovery room didn't think it was important and did not play the tape. I woke up feeling as if I had been slammed into my body and was deathly ill for three days.

"I was in the hospital for a total of six days with numerous infections and it was twenty-one days before I could return to work full time. It was eight weeks before I was without pain.

"My experience with using the tapes in December was disappointing because of the lack of assistance. However, when I did get to a point that I could use the *Recuperation* tape, I found it to be extremely beneficial in allowing me to sleep deeply and continuously while my body healed.

"My doctor realized that I was serious about this and asked to listen to the tapes. After hearing them and beginning to understand a little better what I was trying to accomplish, I suddenly had him on my side. The next surgery was scheduled for March 15, 1989. This time everyone asked if I had my tapes and my doctor made sure that each one was used properly.

"The difference was drastic. When I woke up in recovery, I was completely awake and alert. I was not ill. I did not feel as though I had been slammed into my body, but that I was just waking up. I was able to change my own tape in my room and begin listening to *Recuperation* right away. I felt fine, they were able to remove the IV and give medication by mouth. I had a great appetite and no infections. I was able to go home in three days and returned to work in ten days."

Although Nancy found *Energy Walk* irritating, she continued to derive benefit from the other Hemi-Sync tapes in the *Emergency Series*. "It has been nineteen days since this last surgery," she continues, "and I feel great. It will take time for all the muscles to heal properly, but I am doing fine with no infections and no pain medication. I use the *Recuperation* tape to help me sleep, otherwise I wake up in pain around 2 a.m."

• The next letter comes from Dianne Onstad of Lynwood, Washington. Dianne writes, "You sent me the *Emergency Series 5*, *Energy Walk* tape when I ended up in the hospital for an emergency D&C in September 1988, less than a week before my *Gateway* seminar. This letter is rather belated, but I wanted to express my gratitude again.

"In December I underwent a second operation and again had the opportunity to put the *Energy Walk* tape to good use. This time I was prepared and brought a selection of tapes with me to the hospital. Within 48 hours of surgery (three days early) for endometriosis, I was back home, active and energetic. My husband had 'plugged me in' immediately upon returning from surgery and I awoke to Bob's voice, which was wonderful. Overall, it made the experience *much* less traumatic and I thoroughly confounded the hospital staff as I'd needed no pain medications, slept wonderfully, and was up and around 'causing trouble' as soon as the anesthesia wore off. Within a month I was back to full activity with the scar as the only physical reminder.

"My thanks to you and the Institute for all your help and support. This incident has taught me a great deal in many ways and it is only because of your help and outreach that I have been able to learn so much."

TMI Programs on the Road

The Joy Lake Mountain Seminar Center near Reno, Nevada, will be hosting the following TMI programs in 1989:

Weekend Gateway Voyage:
August 25-27
Gateway Voyage Six-Day:
August 28-September 3
H-Plus Six-Day:
September 4-10

Joy Lake is located in the rural Sierra foothills twenty miles south of Reno, and boasts a quiet forest setting, a man-made lake, footpaths, llamas, and peacocks.

For reservations and/or additional information, contact: Joy Lake Mountain Seminar Center, P.O. Box 1328, Reno, Nevada 89504 (702)323-0378.

QUARTERLY TAPE INTRODUCES "*MÖBIUS* TRACK"

MOBIUS: Where with a twist of the track, the inner becomes the outer, the background comes to the fore, the unspoken is said, candor replaces conventionality. Tell it like it is.

This quarter's Member tape, *Robert Monroe: Early Childhood*, is the first in the newly launched *MÖBIUS TRACK* series. Here, Bob sets the pattern of open dialogue that will be the main characteristic of all *MÖBIUS* releases. *MÖBIUS TRACK* introduces a unique brand of discourse: pithy, provocative and sometimes controversial conversations with Bob and other unconventional characters who do, indeed, tell it like it is.

In this *MÖBIUS* conversation, Bob discusses without reservation the early formative years of his life in the small Southern town which was then Lexington, Kentucky. As the eldest son of professional parents, a college professor father and medical doctor mother, his childhood began on the campus of Transylvania College, which proudly listed itself as the "oldest college West of the Alleghenies."

Although this period of his growth seemed, to Bob, quite normal at the time, certain unusual anomalies appeared which may have been hints of the direction his career has taken. They point out quite clearly that many of us may have also glossed over or forgotten early indicators of who and what we are. Perhaps in the listening, you may be reminded of unexplained events in your own life that provide clues to a new form of self-knowledge.

Anticipating the imminent publication of *Catapult, Robert Monroe's* biography by Bayard Stockton, we are pleased to offer *Robert Monroe: Early Childhood* as a complementary counterpoint, an internal experience relative to an external observation. We believe you will find both perspectives fascinating.

A sequel to *Early Childhood* will soon be released entitled *Robert Monroe, Later Childhood*. Bob's reflections in this conversation take us to the time of his entry into high school. Both tapes may be purchased for $8.95 each to Members and $9.95 to Non-Members.

FARE THEE WELL

I recently had the golden opportunity to attend my second *GATEWAY VOYAGE*. While all of the participants experienced a dramatic and exciting week, several of us were catapulted into new dimensions of life. For me, the six-day adventure helped consolidate years of hard work, twirling me around and setting me flat on my feet in the direction of my chosen life's work. More to the point, I have now left the Institute to develop further a writing and teaching career.

The total effect on my life stemming from my years of association with the Institute remains a story untold—and a story worth living. Part of that story centers around my association with explorers, researchers, and the simply curious folks from around the world with whom I have had the pleasure of communicating during my tenure as *GATEWAY EXPERIENCE* Coordinator.

To all of you, to the Institute, and to Bob Monroe, I say thank you and fare thee well.

Ken Feather

PREP PROGRAM

The Institute's *PERSONAL RESOURCE EXPLORATION PROGRAM (PREP)* continues to receive an excellent response. *PREP* enables individuals who are experienced with Hemi-Sync to receive private sessions in the laboratory's sensory isolation booth.

The cost of a single session is $75. Each session lasts approximately 1½ hours, beginning with an interview, followed by a guided exploration session, and ending with a debriefing with the monitor.

For an application, call or write: *PREP*, c/o the Institute.

THE MONROE INSTITUTE PROGRAM SCHEDULE 1989

All programs listed below will be held at The Monroe Center in Faber, Virginia.

GATEWAY VOYAGE
July 8-14
July 29-August 4
August 12-18
September 9-15
September 23-29
October 7-13
November 4-10
December 9-15

GUIDELINES
July 15-21
November 11-17
November 25-December 1

HUMAN PLUS
October 14-20
December 2-8

PROFESSIONAL SEMINAR
July 22-28

BOARD OF ADVISORS MEETING
July 28

GATEWAY GRADUATE RETREAT
September 3-9

GATEWAY VOYAGE AND *GUIDELINES* EXPANDED

To help fill the growing demand, we have added another *GATEWAY VOYAGE* to our 1989 schedule. This *VOYAGE* will be from Saturday, September 9, through Friday morning, September 15. Those interested should contact our registrar, Helen Warring.

Furthermore, the new, expanded *GUIDELINES* program (which now includes additional Focus 21 tapes and a personal session in the laboratory booth) is a great success. In fact, the two remaining *GUIDELINES* for this year are already full and have waiting lists. In order to meet this demand as well, TMI is adding another *GUIDELINES* program after Thanksgiving. The dates are Saturday, November 25, through Friday morning, December 1. *GATEWAY* graduates who would like to attend a *GUIDELINES* program during these dates should contact Helen Warring.

CLIP TIPS

We depend on our Members to send us clippings of news items, editorials, columns, book reviews, research reports, etc., as commercial clipping services are prohibitively expensive.

When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to: The Monroe Institute, Route 1, Box 175, Faber, VA 22938. Thanks!

REACHING OUT

EXCURSION and *HUMAN PLUS* Workshops Scheduled

The *GATEWAY OUTREACH (GO)* program is a network of accredited *GO* Trainers throughout the United States and other parts of the world. *GO* Trainers offer two-day workshops called *EXCURSIONS*, and two-day workshops called *H-PLUS*. The *EXCURSION* allows participants to experience the levels of consciousness called FOCUS 10 and FOCUS 12. The purpose of the *EXCURSION* is to provide an opportunity to learn to perceive, understand, and communicate in nonphysical energy environments, and there is an emphasis on integrating practice tools for use in daily life. The *H-PLUS* workshop is an intensive application of the *HUMAN PLUS* system of self-evolution, in which practical, powerful tools are offered for gaining greater control over the physical, emotional, and mental aspects of ourselves. The *H-PLUS* workshop assists the participant in shifting his or her belief system into a "know system," and offers a gentle but effective way to learn new modes of thinking, feeling, and being that express more of our inherently unlimited potential. The following workshops are scheduled for the next few months:

EXCURSION WORKSHOPS:

SAN FRANCISCO, CA
July 22 & 23
Contact Virginia Patterson
(415) 381-5476

ALBUQUERQUE, NM
September 16 & 17
November 25 & 26
Contact Karen Luciani (505) 888-5995

THE NETHERLANDS
4 workshops scheduled over the next several months
Contact Tjaart Hofman 05160-5843

H-PLUS WORKSHOPS:

PHOENIX, AZ
July 22 & 23
Contact Mark Carter (602) 971-7165

ALBUQUERQUE, NM
July 15 & 16
October 21 & 22
Contact Karen Luciani (505) 888-5995

THANK YOU!

We at The Monroe Institute extend our heartiest thanks for the donations we continue to receive. This money becomes a part of the Research and Development Fund, and thus contributes toward expanding our investigations. Not only is your assistance very valuable for our continued research, but provides a significant contribution to the sum of human awareness and understanding of consciousness.

A very special thanks this quarter to:
Charles and Susan Atkinson, C.E. Bienemann, Steve Briggs, Ed and Meredith Carter, Sheldon Dorenfest & Associates, Richard Dunham, Gerda Gallob, Nancy Hauer, Michael Henchman, Anne Hill, Paul King, Pamela Knight, Edward Lewis, Patsy's Kitchen, Norm Melford, Irene Merrill, Richard Miller, Andrew Resnick, Mike Sinjem, D.M. Tilley, Philip Zajac.

PRISONERS IN SYNC

The Monroe Institute is developing a new program to make Hemi-Sync available to prison inmates. Over the years, the Institute has provided Hemi-Sync tapes to prisoners on an individual basis. Now, however, the Institute is taking steps to make Hemi-Sync available to any inmate wishing to use this avenue of personal development.

Accordingly, the Institute seeks names and addresses of groups, organizations, and individuals who can provide information and/or coordinate efforts prisonwide, statewide, and nationwide. Your ideas and comments are welcome. Please send them to the TMI BULLETIN, c/o The Monroe Institute.

OUTREACH WELCOMES LORENCE

As the Membership and staff of TMI bid a fond adieu and thanks to Ken Feather, we also extend an enthusiastic welcome to Maxine Lorence. Maxine has assumed the position of *GATEWAY OUTREACH* Coordinator and will manage the increasing network of *GO* Trainers throughout the United States, Canada, England, Australia, the Netherlands, and Austria. Due to the growth of *GATEWAY OUTREACH* and TMI's dealer and distributor network, Carol Johnston, who has been coordinating both programs, will now devote her time and talent solely within the dealer and distributor area.

Maxine hails from New York City and brings with her an extensive background in theater production, listing among her credits such hits as *Grease*. As a producer, Maxine has accumulated extensive experience in marketing, promotion, project design, development and implementation, and communication. With these skills and an acute desire to expand *GATEWAY OUTREACH* to its fullest potential, we anticipate exciting times ahead for the *GO* program.

MOMENTS OF INSPIRATION

Have you ever wondered if there is any correlation between inspiration and nature's cycles? Tom Butler wonders. So he is conducting a survey to help determine if there is a correlation between certain natural events and a person's more creative or awakening moments.

This just may be the excuse for all of you to review your journals. And while you are at it, he asks that you jot down dates (month-day-year) that you may have entered in your journal which were more significant for you than usual. What qualifies as a moment of realization is your decision.

If a day was more significant to you than usual, then please include that date on your list. Remember, you only need to provide the dates (+/− a few days is okay). You need not include your name.

Tom plans to collect data for several months, then begin analysis. Finding a definite correlation or finding absolutely no correlation will be significant. Tom promises to report his findings to the BULLETIN.

In advance, he thanks you for your help. Please mail dates to: Tom Butler, 9027 Greenway Lane, Lenexa, KS 66215.

NEW *GO* TRAINERS

In February, thirteen individuals came to Virginia to be certified as *GATEWAY OUTREACH (GO)* Trainers. These dynamic people are now offering *EXCURSION* and *H-PLUS* workshops in their communities. If you live near one of these new *GO* Trainers, and would like to lend your support to their efforts in bringing the Hemi-Sync technology to your area, please write or call them. Congratulations, *GO* Trainers, and welcome aboard!

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(713) 667-2315

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San Diego, CA 92104
(619) 272-7760

HAD A TRANSCENDENT EXPERIENCE LATELY?

Ronald "Russ" Russell, a member of the Institute's Professional Division, reports that The Alister Hardy Research Centre, of Oxford and Princeton, is involved with research into religious—or transcendent—experiences. It has built up a unique body of data of well over 5,000 cases of individuals who have had some form of such experience and it has conducted several large, in-depth studies in Britain and the United States.

Russ has been asked to speak in October to the London Branch on the work of The Monroe Institute and its possible implications for the work of the Centre. It would be most helpful to him if any *GATEWAY VOYAGE/ GUIDELINES* graduates who have had a religious or transcendent experience while using—or as a result of using—Hemi-Sync tapes would send him some account of their experience. When considering whether your experience is "relevant," he asks that you please use the widest possible definition.

In order to be well prepared for his presentation, he is looking for replies by early September, so please use air mail. His address is: 4 Maners Way, Cambridge CB1 4SL, England.

He sends his thanks and appreciation.

The Monroe Institute BULLETIN is published four times annually.
Senior Editors: Nancy McMoneagle, Leslie France
Managing Editor: Ken Feather
Publishing Coordinator: Teresa Critzer

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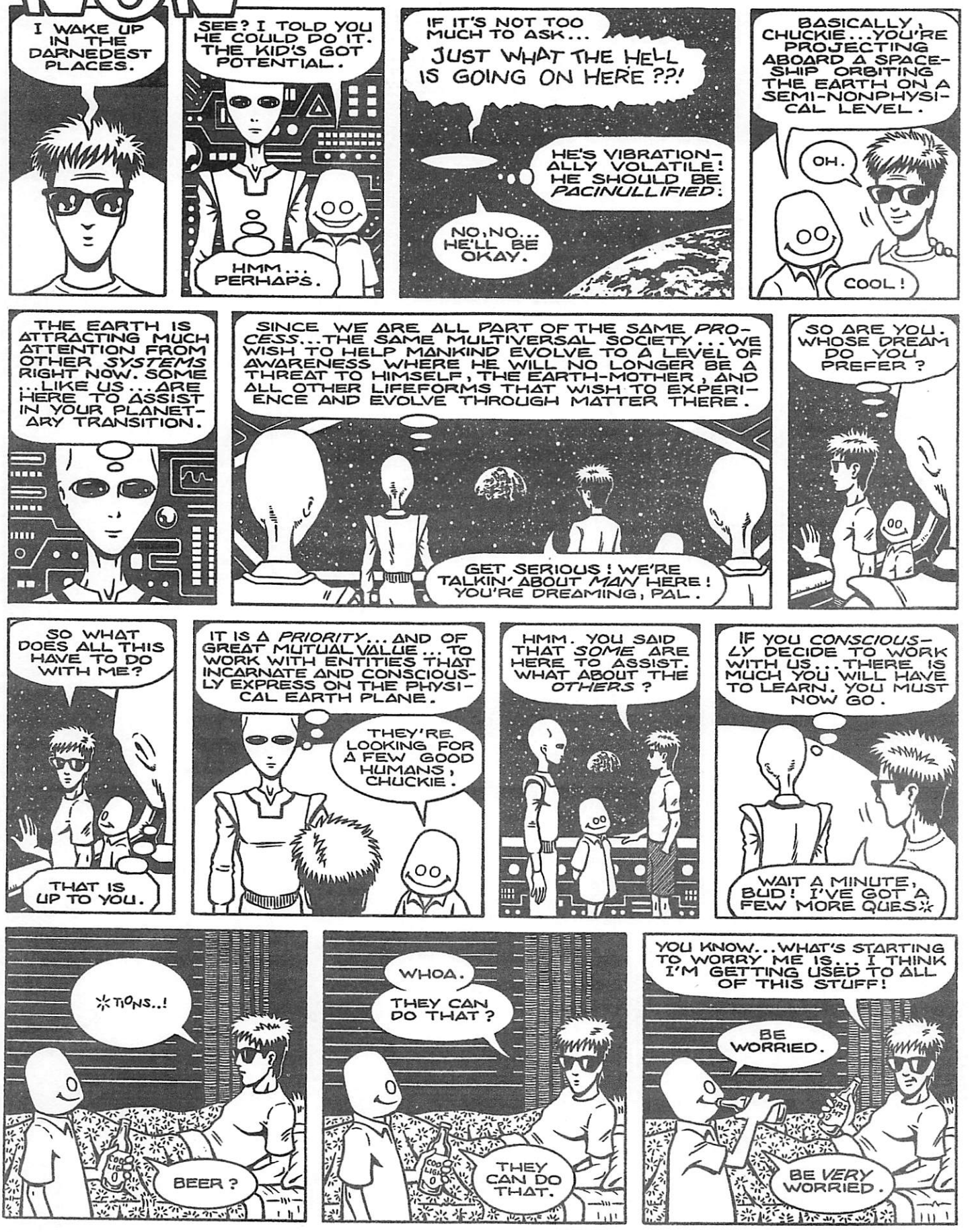
I WAKE UP IN THE DARNEDEST PLACES.
SEE? I TOLD YOU HE COULD DO IT. THE KID'S GOT POTENTIAL.
HMM... PERHAPS.
IF IT'S NOT TOO MUCH TO ASK... JUST WHAT THE HELL IS GOING ON HERE??!
HE'S VIBRATIONALLY VOLATILE! HE SHOULD BE *PACINULLIFIED*!
NO, NO... HE'LL BE OKAY.
BASICALLY, CHUCKIE... YOU'RE PROJECTING ABOARD A SPACESHIP ORBITING THE EARTH ON A SEMI-NONPHYSICAL LEVEL.
OH.
COOL!
THE EARTH IS ATTRACTING MUCH ATTENTION FROM OTHER *SYSTEMS* RIGHT NOW. SOME ...LIKE US... ARE HERE TO ASSIST IN YOUR PLANETARY TRANSITION.
SINCE WE ARE ALL PART OF THE SAME *PROCESS*... THE SAME MULTIVERSAL SOCIETY... WE WISH TO HELP MANKIND EVOLVE TO A LEVEL OF AWARENESS WHERE HE WILL NO LONGER BE A THREAT TO HIMSELF, THE EARTH-MOTHER, AND ALL OTHER LIFEFORMS THAT WISH TO EXPERIENCE AND EVOLVE THROUGH MATTER THERE.
GET SERIOUS! WE'RE TALKIN' ABOUT *MAN* HERE! YOU'RE DREAMING, PAL.
SO ARE YOU. WHOSE DREAM DO YOU PREFER?
SO WHAT DOES ALL THIS HAVE TO DO WITH ME?
THAT IS UP TO YOU.
IT IS A *PRIORITY*... AND OF GREAT MUTUAL VALUE... TO WORK WITH ENTITIES THAT INCARNATE AND CONSCIOUSLY EXPRESS ON THE PHYSICAL EARTH PLANE.
THEY'RE LOOKING FOR A FEW GOOD HUMANS, CHUCKIE.
HMM. YOU SAID THAT *SOME* ARE HERE TO ASSIST. WHAT ABOUT THE *OTHERS*?
IF YOU *CONSCIOUSLY* DECIDE TO WORK WITH US... THERE IS MUCH YOU WILL HAVE TO LEARN. YOU MUST NOW GO.
WAIT A MINUTE, BUD! I'VE GOT A FEW MORE QUES*
*TIONS..!
BEER?
WHOA.
THEY CAN DO THAT?
THEY CAN DO THAT.
YOU KNOW... WHAT'S STARTING TO WORRY ME IS... I THINK I'M GETTING USED TO ALL OF THIS STUFF!
BE WORRIED.
BE *VERY* WORRIED.

TO BE CONTINUED